

# JustBeIt

June Rally 2012

## Family Session 1: "Go to IT"

Wednesday June 20, 2012 8:20 pm-9:35 pm (~75 min)

Intention: Go to a place in ourselves to discover where true beauty lies.

Materials: Attendance Sheet, Pens/ Pencils, Heart Agreement Poster, Tape, Markers and White Labels,

1. Attendance	~8:22 pm
2. Welcome	~8:25 pm
3. Check-in	~8:29 pm
4. Absolute Alliteration	~8:37 pm
5. Opening Prayer	~8:38 pm
6. Read and Discuss the Intention	~8:42 pm
7. Quote	~8:45 pm
8. Bible Verse	~8:48 pm
9. Affirmation	~8:49 pm
10. Heart agreements	~8:59 pm
11. Who am I?	~9:09 pm
12. Short Discussion	~9:17 pm
13. Zip- Zap-Zoom	~9:33 pm
14. Closing	~9:35 pm

*~approximate time to end each activity*

***Bold Italics- what you say to your family***

1. Attendance(2 min) ~8:22 pm

*\*Materials: Attendance sheets, pen and your family*

Take attendance and welcome everyone to the circle. Once that is complete attach the attendance slip to the outside of the door for a head sponsor to see.

2. Welcome (3 min) ~8:25 pm

*\*Materials: None*

***Welcome everyone to this family groups meeting place, we will be meeting in this room six more times this week.***

Be sure to explain.... (Family Leaders feel free to explain in your own words, here are some examples)

- What the family is... (ex: *This is a place where you can freely, but appropriately, share your feelings and ideas without judgment or criticism.*)

# JustBeIt

## June Rally 2012

- *What will be going on this week in families... (ex: meditations, fun and personal activities, growing as an individual, and later a heart talk [will be explained later])*
- *Secret Prayer Pals... (ex: on the back of your name tags there will be two white tabs, one will be your information with black text and one will have red text. This will be your secret prayer pal. You may know them or not but it is your job to search them out. You will be giving them small tokens of appreciation and finally on Saturday at the dinner banquet you will reveal your identity to them. [There will also be a craft table as well- this allows you to make gifts for your secret prayer pal if you forgot to bring them. Also you could make love notes and gifts for the senior envelopes])*
- *Ask if this is anyone's first event and if they have any other question that weren't answered...*
- *Any final questions please.*

### 3. Check-in (4 min)

~8:29 pm

*\*Materials: None*

*\*Intention: To get to know one another.*

***We are going to go around the circle in a whip style (Go around the entire circle), and have everyone answer the provided questions.***

- ***What is your name, age and chapter?***
- ***What was your traveling like today?***
- ***How do you feel beautiful today?***

### 4. Absolute Alliterations (Name Game) (8 min)

~8:37 pm

***Alliterations- (noun) the repetition of the same sound at the beginning of two or more words. (Ex: The Happy Hamster Hopefully Hops)***

***We are going to play a name game where you are going to say something you like that begins with the first letter of your name. (Ex: Hannah likes Hedgehogs) Once you have said your name and what you like, you must repeat all those that have gone before you. (You don't have to actually like what you say)***

### 5. Opening Prayer (1 min)

~8:38 pm

*\*Materials: None*

# JustBeIt

June Rally 2012

**Divine Spirit, thank you for getting us all here safely for this wonderful experience, of journeying to a place in ourselves to discover where our true beauty lies. Amen.**

6. Read/ Discuss (4 min)

~8:42 pm

\*Materials: None

\*Intentions: To really break down the purpose of this family and the theme for the day.

**Intention: ~Go to a place in ourselves to discover where true beauty lies~**

**Theme: "Go to it"**

- **What do you think true beauty is?**
- **What thoughts do you have about the theme and intentions?**
- **How do you think that you find your true beauty?**
- **How do you think that it can be difficult to find this place? What kind of circumstances can create this?**

7. Quote (3 min)

~8:45 pm

\*Materials: None

**~ People often say that this or that person has not yet found himself. But the self is not something one finds, it is something one creates. ~Thomas Szasz, "Personal Conduct," The Second Sin, 1973**

**How does this relate to the theme and intention?**

**What do you think is meant by "self" in the quote?**

**How does someone "create" the self?**

*~The Regional Team thought... No one can tell you where to find your true self. This place is something just for you and you have full creative control over what it looks like and what it becomes.*

8. Bible Verse (3 min)

~8:48 pm

**~ But if I do them, even though you do not believe me, believe the works, so that you may know and understand that the father is in me and I am in the father. John 10:38~**

# JustBeIt

June Rally 2012

**What do you think is meant when Jesus says the “Father” is in him?**

**How does this relate to the theme and intention?**

*~The Regional Team thought... When we have different opinions on certain things just know that you are God, I am God, and we are God. We are individuals that are connected through the belief that all is one.*

9. Affirmation (1 min) ~8:49 pm  
*Repeat three times with enthusiasm (not trying to out scream another family) you can break this affirmation up into pieces.*

***~I am dedicated to expressing the qualities of my sacred identity!~***

10. Heart Agreements (10min) ~8:59 pm  
*\*Materials: Poster, Markers*  
*\*Intention: To create a safe space for everyone to share, love and grow.*

*Have your family make a list of the agreements they think those in your family should follow. For the sake of time, the Regional team has provided a list of the basic heart agreements that you can use as a guide.*

1. **Respect:** Showing attention to the person speaking, not engaging in side conversations. Respecting all family members' views and opinions and not engaging in inappropriate behavior or language.
2. **Show love:** Demonstrating honest, responsible, trustworthy behavior, extending courtesy to family members and using appropriate touch, respectful to each individual's personal boundaries.
3. **No put-downs:** Three put-ups for every put-down, not being a part of any verbal or mental character assassinations or judgments of family members.
4. **Focus:** Being centered during group meditations and prayers, remaining silent and respectful to the experiences of others, and giving loving support and attention to all speakers and group leaders.
5. **The right to pass:** Having the option of not saying anything if one feels uncomfortable or does not have anything to say.
6. **Participation:** Making an honest attempt to participate and add to the experience and consciousness of the group during activities, discussions, and heart talk.
7. **No rescuing:** Not giving advice unless asked for, and even when giving advice, coming from a place of love, not ego.
8. **Confidentiality:** Anything said in the group stays in the group. The exception to this is:  
(1) Anything said that could affect the safety or welfare of that person or others.

# JustBeIt

## June Rally 2012

- (2) In this case the Facilitator or sponsor is obligated to report this directly to the Regional Consultant.
9. **Be on time:** If someone is late, they affect the whole group. Starting families on time is important to make sure you get all the activities in without having to rush through them. (Your family may wish to agree upon a rule stating that if a member is over 30 seconds late, they must write their name in the air with their butt.)
  10. **Be honest with feelings:** Being real with yourself and what you feel about something, but always being conscious of the choice you make in each moment—choosing to love and have fun or choosing to create an alternate reality which might cause you to not have fun.
  11. **FUZZIES!:** Sharing fuzzies at the end of families.

Ask if there are any questions about the heart agreements and answer them with help from other family members. Please make sure there are no more questions before moving on. Next have everyone sign their name one at a time. Explain to them that since they have signed, they have given their word that they will honor these agreements. After everyone has signed, please hang up the heart agreements in a place where everyone can see them and make sure they are followed throughout the weekend.

### 11. Who am I??? (10 min)

~9:09 pm

*\*Materials: White labels with famous people on them*

*\*Intention: Show that finding yourself might be a difficult journey in life, but you will learn so much about yourself on the way.*

**Instructions: We are going to play “Who am I?” this is a game where you will have the name of one “well known” famous person on your back, which will be a secret from only you. Throughout the game you will go up to other members of your family and ask them ONLY “YES” OR “NO” QUESTIONS about the person on your back. You will be figuring out who you are by the answers you get from the “yes or no” questions.**

How to pick who is who: ***In order to make sure that no one knows who they are I am going to pass out one sticker to each person. Then without showing anyone the name you are handed, please stand up and put one sticker on someone else’s back.***

### 12. Discussion (8 min)

~9:17 pm

*\*Materials: None*

*\*Intention: Talk about what just happened*

# JustBeIt

June Rally 2012

***What was it like not knowing who you are?***

***What kind of questions were you asking?***

***In this activity you're on a journey to discover who you are, what kind of thoughts do you have about this relating to your day to day life?***

***How did it feel to finally discover who you were? How is this activity similar to discovering your inner beauty?***

***What do you think it takes to find this beauty? And how do you get there?***

***Where can it be found, and how can it be accessed?***

13. Zip Zap Zoom(16 min)

~9:33 pm

*Materials: None*

*Intention: This is just a fun activity just designed to get you more well acquainted with your family.*

***Everyone should be standing in a circle. In this game everyone will have to keep the patter going around the circle as fast as possible. The patter must stay as zip – zap – zoom. One person will start off by saying zip and at the same time clapping & quickly pointing to the person, who will “zap”, clap and point to the “zoom” person. Repeat as quick as you can. If you say the wrong sound, start over. See how fast you can go!!!!***

14. Closing (2 min)

~9:35 pm

*\*Materials: None*

***~ Divine Creator,***

***Thank you for helping us create this wonderful time together with our family. Let us now affirm on creating an inspiring Rally with one another, recognizing our true beauty. Amen~***

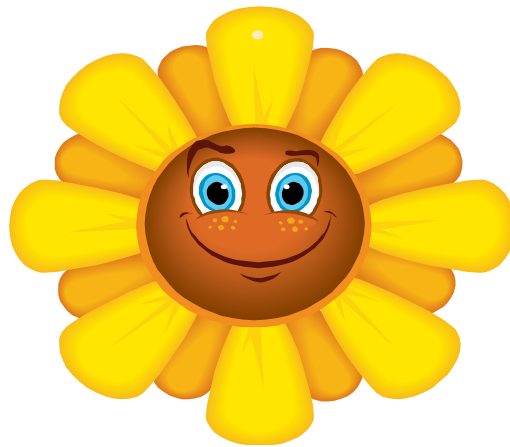
***Be sure to stay in your assigned areas until 9:35 pm when time comes please make your way to Phillips auditorium.***

# JustBeIt

June Rally 2012

***\*\*\*Thank you family leaders for volunteering to be facilitators, for this Rally. It means so much that you are willing to lead and show passion for what you do.***

***Love,  
Michael, Hannah and Eileen***



# JustBeIt

June Rally 2012

## Family Session 2: "See It"

Thursday June 21, 2012 10:10 am-11:35 am (85 min)

Intention: Appreciate our true and whole self.

Materials: Attendance Sheets, Pens/ Pencils/ Markers, Wood Planks, Blank Paper and Envelope

1. Attendance	~10:12 am
2. Check- In	~10:16 am
3. Opening Prayer	~10:17 am
4. Discussion of Intention	~10:22 am
5. Bible Verse	~10:24 am
6. Quote/ Poem	~10:26 am
7. Affirmation	~10:27 am
8. Meditation	~10:42 am
9. Personal Planks	~11:02 am
10. Letters to Pals	~11:20 am
11. Baby If You Love me	~11:32 am
12. Closing	~11:35 am

*~approximate time to end each activity*

***Bold Italics- what you say to your family***

1. Attendance(2 min) ~10:12 am  
*\*Materials: Attendance sheets, pen and your family*  
Take attendance and welcome everyone to the circle. Once that is complete attach the attendance slip to the outside of the door for a head sponsor to see.
2. Check- In (4 min) ~10:16 am  
*\*Materials: None*
  - ***What is the most "out there" thing that you have ever done for entertainment?***
  - ***How did you enjoy the concert last night?***
  - ***What did you eat for breakfast?***
3. Opening Prayer (1 min) ~10:17 am



# JustBeIt

## June Rally 2012

*\*Materials: None*

**Dear God, (Brief pause) Thank you for this... Amen**

4. Discussion of Intention (5 min) ~10:22 am

*\*Intention: To really take a close look at what we are going to center on today.*

Intention: ~ **To appreciate our true and whole self~**

Theme: **"See It"**

**What do you feel is the importance of the theme to the intention?**

*The Regional Team thought... All of us are beautiful no matter what we think, we all are children of God and that makes us perfect. We must appreciate and recognize that we are all beautiful.*

5. Bible Verse (2 min)

~10:24 am

*\*Materials: None*

**"Be transformed by the renewing of your minds, so that you may discern what is the will of God - so what is good and acceptable and perfect."**

**~Romans 12:2**

**What does it mean to transform? How can we transform our minds? How is transforming our minds a key to SEEING differently?**

**How do you feel that relates to the theme and intention?**

*The Regional Team thought... That when you "transform" or put yourself in a better mind state you will see what has always been there for you to see.*

6. Quote/ Poem (2 min)

~10:26 am

*\*Materials: None*

**This Is It**  
**By: James Broughton**

**This is It**  
**And I am It**  
**And You are It**  
**And so is That**

# JustBeIt

June Rally 2012

**And He is It  
And She is It  
And It is It  
And That is That**

**O It is This  
And It is Thus  
And It is Them  
And It is Us  
And It is Now  
And here It is  
And here We are  
And This is it.**

***How does this relate to the theme and intention?***

*~The Regional Team thought... We thought that when seeing that EVERYTHING around us is It, or there for a reason, you can find it easier to relate to one another even if you think you are less than you are... We are all IT!*

7. Affirmation (1 min)  
*\*Materials: Your Spirits*

~10:27 am

Repeat three times

***We are soooooooo Beautiful !!!!***

8. Meditation (15 min)

~10:42 am

*\*Intention: Center ourselves before we proceed into what could be a deep and meaningful.*

*Please read calmly and softly to make family feel relaxed and opened up. Take your time reading in order for your family to keep up with the meditation, we are in no rush!*

***Look around at this family; when your eyes meet with another, do they smile? Look at them, make them feel loved... When you're ready close your eyes and feel the love in the room... Go deep into yourself when your life was the absolute most simple... When you could just be ( quietly say each person in your family's name)... and you were happy.***

# JustBeIt

June Rally 2012

**[Pause]**

**What made that place so simple, why did you choose this time?**

**Being in this simple place... being enjoyed by all... everyone and everything about it feels loving... you feel at home... Pause... now imagine your normal life... what could feel "off"... Do you feel that anything is missing? Why don't you feel how you felt at that simple place? What is now missing? See it right in front of you as if it were in a still picture or a movie reel. Know that is always there. That that one thing isn't what makes you, you.**

**[Long Pause]**

**Think of yourself, how do you feel about yourself? What kind of feelings or opinions are you holding onto for yourself? [Pause] know the beauty, feel your beauty. Become aware of this room we are sitting in, feel your feet and hands. When you are ready you can come back and we will begin our next activity.**

9. Personal Planks (20 min)

~11:02 am

*\*Materials: Wood planks and markers*

*\*Intention: Recognize your true self for everything that you are.*

*-- There is a lot of time for this activity, be sure to make it clear you are in no rush that this activity is about self-discovery. Also this activity does not have to be done in silence use this time to get to know one and other better.--*

*\*\*\* Family Leaders\*\*\* it is VERY important that you read the **bold and italicized** parts as they go to make doing this activity is the kind of experience that we want it to be.*

**After doing that meditation, we are going to express onto this piece of wood how we truly feel and how you see yourselves in this world. You may write whatever you would like on this piece of wood, because it is your piece of wood. You can write anything from adjectives about appearance about your personality and appropriately ... Whatever you want. (Pass one piece of wood out to everyone and pass around markers)**

**You may do this on the floor to become comfortable but remember you're Going to be decorating this board with words of expression towards yourself.**

# Just Be It

## June Rally 2012

*Let everyone decorate, once everyone is complete ask them to rejoin into the circle*

Discussion in a "popcorn" style format (some people may not want to share)

***If you feel comfortable what kinds of things did you put on your plank?  
How does that reflect you?  
What kind of emotions did you feel as you did this activity?***

***Now that we all have our boards labeled and we made them "our boards" showing how we truly feel about ourselves. It is only appropriate that we are going to be carrying them around with us for the rest of the day. Everyone will have a board so don't think you're alone, everyone has them. If you see someone without their board make sure that you tell them to keep it with them because that is what they feel about themselves. You will have to keep them all the way through until right before the dance after spirit sharing. Please keep your boards with you otherwise you will not be able to fully take part in the rest of the day.***

10. Letter to your Secret Prayer Pal (18 min)

~11:20 am

*\*Materials: Paper and pen/ pencil*

***We are going to write letters to our secret prayer pals that you will give to them at the lunch picnic. This letter can be a picture, poem, song, etc... Be sure to figure out a sneaky way of getting their letter to them without divulging that you are their pal.\* hint\* ask family members if they know your pal. Be creative and have fun.***

11. Baby If You Love Me (12 min)

~11:32 am

*\*Materials: None*

***Have everyone stand around in a circle. Choose the person whose birthday month and day is closest to the current date. This person is thereby is dubbed "IT".***

***Then they randomly choose one person in the circle, hereby dubbed "Baby". The objective is to make Baby laugh or smile while saying "Baby, if you love me, won't you please smile?" Whoever is "IT" must use those exact words, no exceptions. But not to worry, the person "IT" can use any technique in his/her imagination to make Baby laugh, except they just can't touch them. The options are limitless and your friends will become obnoxiously funny!***

***Baby must then say in response, "Baby, I love you but I just can't smile". Again, only those words, no exceptions.***

# Just Be It

June Rally 2012

***If at any time during the question or the answer Baby laughs or cracks a smile, whoever is "IT" has won and Baby is dubbed "IT". If they fail in the quest and Baby does not smile, whoever is "IT" must move on and find a new Baby to make smile.***

12. Closing (3 min)

~11:35 am

*\*Materials: None*

***Dear Spirit, we thank you for letting us experience this family seeing our beauty inside and out. We know that we are beautiful and that we are truly perfect.***

***Stay in your designated family room until 11:35 am then make your way to the dining area.***

***\*\*\*Family Leaders you are truly wonderful beings you know that??? We are all so appreciative of all of the work you're doing to keep this rally going.***

***Thank you ,  
In love and peace,  
Michael, Hannah and Eileen***

## Family Session 3 – “See It”

Thursday, June 21, 2012

1:10-3:00 PM

**Intention:** *Appreciate our whole individual self*

**Materials:** Attendance Sheet,

**Activities:**

1. Attendance	2 min	~1:12 p.m.
2. Opening	5 min	~1:17 p.m.
3. Affirmation	10 min	~1:27 p.m.
4. Truth Talk Discussion	8 min	~1:35 p.m.
5. Who are you?	15 min	~1:50 p.m.
6. Mirror Meditation	35 min	~2:25 p.m.
6. Affirm It!	15 min	~2:40 p.m.
7. The Cup Game	17 min	~2:57 p.m.
8. Closing		

**p.m. (105 min)**

***Bold Italics = what you say to your family activity will end***

~Approximate time

<b>1. Attendance:</b>	<b>(2 min)</b>	Materials: Attendance Sheet, Pen	<b>(~1:12 p.m.)</b>
Conduct attendance and place on the door outside of your family area. Thank you!			
<b>2. Check in:</b>	<b>(10 min)</b>		<b>(~1:22 )</b>
<p><b>* Materials: none</b></p> <ul style="list-style-type: none"> <li>• <b>What is your favorite thing to do on a day to day basis? Ex. Walking your dog, going to school</b></li> <li>• <b>What is your favorite way to eat Oreo cookies?</b></li> <li>• <b>Who is your favorite animated character?</b></li> </ul> <p><u>Prayer:</u> <b><i>“Sweet Spirit, Thank you for allowing this time to discover how amazing we all truly are. We know that by having the right intentions, we can discover anything we desire to know. Breathe through us now, Amen.”</i></b></p> <p><u>Quote:</u> <b><i>“Perfection does not exist in God’s eyes” -Rev. Sandi</i></b></p> <p><b>How does this relate to the theme and intention?</b></p> <p><b><i>The Regional Team thought...perfection is simply a viewpoint we have created in our minds. It is a goal that we have made in our minds impossible to achieve. Our real goal should not be to reach this thing we call perfection but to understand the core of our being and express it to the world.</i></b></p>			
<b>3.</b>	<b>(5 min)</b>		<b>(~1:27 )</b>

<b>Affirmation:</b>			
<p>Materials: yourselves and Zeal!</p> <p><b>Repeat 3 times. Every time look at a new family member (overdramatic for best results): You are <u>SO</u> Amazing!!!</b></p>			
<b>4. Truth Talk Discussion:</b>	<b>(8 min)</b>		<b>(~1:35)</b>
<p>-What part of <b>So and So's</b> Truth Talk resonated with you the most?          -What part of his/her talk do you see using in your life in the future?          -Were there parts of the talk that you either really agreed with or disagreed with?</p>			
<b>5. Who are you?:</b>	<b>(15 min)</b>		<b>(~1:50)</b>
<p>* Intention: To understand what we see and don't see          Materials: Paper Towel Cylinder  <i>In this activity we are going to take turns guessing our family members. The person who is guessing is going to have one eye covered with their hand. The other eye will be looking through the cardboard cylinder. The rest of the family is then going to get in line and walk past the guesser. The guesser must look straight ahead the entire time.</i>          Let everyone have a chance to try and guess the members. After, return to the circle and have a discussion about the activity.          -Was it difficult guessing each person? If so, what made it that way?          - What would make it easier to discover who each person is? (ex: talking)          - What do you think life would be like if we only saw a part of every person? Do you believe we do?          -Do you feel that sometimes you only express certain parts of yourself to others?</p>			
<b>6. Mirror Meditation:</b>	<b>(35 min)</b>	Materials: Small Mirrors, markers	<b>(~2:25)</b>
<p>*Intention: To widen our understanding of who we are and how we show that          Pass out small mirrors and markers to family.  <i>With the previous discussion in mind lets transition into a meditation. Feel free to go anywhere in the room that you feel would make you most comfortable and focused. Take a deep breathe...and let it out...take In another slow but powerful breath in...and release it from you as you exhale...Continue this deep breathing...as you do, let all emotion blow away...become an empty vessel for what is approaching...visualize your breathe taking all of the stress, all of the pressures, anything contained in you, and flooding it out...picture your body as see through, almost as though you are glass...there is nothing around you except whiteness...it isn't sad or happy or anything....now create in you, the you that you have imagined, an idea...this idea makes you happy...the thought of it makes you smile...this idea can be from your past...some memory of a great time you had...it can be an idea for the future...something you desperately wish to achieve...it can be a person, place, thing or anything that gives you those goose bumps...or a little giggle...let that idea happen in yourself...see it fill your whole being...let the light that shines from it illuminate you...let it become you...this is part of who you are...notice that when you shine this bright that all of the whiteness around you has turned into this radiating energy as well...the idea you have used is simply a way to reconnect to yourself...feel free to recall this idea whenever you find yourself unable to connect with who you are...take this time now to look into your mirror...when you are ready write or draw your idea onto the mirror...maybe it can be said in a word for you to remember...maybe you want to express the feeling you have when thinking of the idea...take this time to do that.....after you have finished your creation close your eyes a few</i></p>			

<p><i>more moments and affirm internally that you are that experience, that idea....when you feel confident in your affirmation you can begin to come back to this place...</i></p> <p>Discussion:  <b>Does anyone want to share their idea and why it is so important to you?</b>  <b>Do you think this exercise shows all of who you are? Why or why not?</b>  <b>In your idea do you see others being happy as well? Why is that?</b></p>			
6. <b><u>Affirm It!</u></b>	(15 min)	Materials: Creativity!...and paper	(~2:40)
<p>Intention: find an affirmation you can remember and use.</p> <p><b>Say: We are going to create affirmations. But, there's a slight alteration. We want to really remember these affirmations. The objective is to say your affirmation in the most creative way possible! You could go outside and yell it to the world or yell it from your windows or whisper it to your family members. You could sing it, rap it, or make it a short poem. We will have several minutes to produce our affirmations. The affirmation should be about recognizing your inner Christ presence; however you choose to phrase it. You can choose to write it down if you wish.</b></p> <p>Note: Give everyone about five minutes or until they are done. Just make sure there is also a good amount of time to present our affirmations. This activity can go a little over since the next activity can be adjusted to fit for time</p>			
7. <b><u>The Cup Game:</u></b>	(17 min)	Materials: cups	(~2:57)
<p>Intention: to have fun with your family!</p> <p><b>This Game has been played throughout the generations of Y.O.U. You may find that many or none of your family members know this game. This game consists of everyone having one cup of their own. You then take your cup and do the following motion: clap clap, tap tap tap, clap, move it over, clap scoop up down pass it over. This may sound incredibly confusing if you have not played before but we have our amazing family co-facilitators (me) to show you how it's done! *demonstrate*</b></p> <p>Answer any questions and begin. Try to have it start very slow and pick up the pace as your family gets better.</p>			
8. <b><u>Closing:</u></b>	(3 min)		(~3:00)
<p><b>Closing Prayer: Dear God, we are very grateful for this opportunity we have to be in such a great family! We look forward to all the way you will show us how amazing life can be when we are open and receptive. May we continue to move forward in our spiritual lives as we enjoy the wonderful times ahead! Amen</b></p>			



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*Family leaders! Thank you for your  
amaazing service! Continue to shine on  
beauties!*

*Love,  
Michael, Hannah, and Eileen*

## Session 4 – “Love It!”

Friday, June 24<sup>th</sup>, 2011

9:40 - 11:30

**Intention:** *To love the diversity you see in others.*

**Materials:** Attendance sheet, pens, paper, post-its

**Activities:**

1. Attendance	2 min	~9:42 am
2. Opening	5 min	~9:47
3. Check-In	15 min	~10:02
4. Advanced Name Game	20 min	~10:22
5. Who am I?	20 min	~10:42
6. Unsure-aids	20 min	~11:02
7. Meditation	25 min	~11:25
8. Closing	3 min	~11:28

**a.m. (110 min) *Bold Italics = what you say to the group***

~Approximate time activity will end

<b>1. Attendance:</b>	<b>(2 min)</b>	Materials: Attendance Sheet, Pen	<b>(~9:42 a.m.)</b>
Conduct attendance and place on the door, outside of your family area. Thank you!			
<b>2. Opening:</b>	<b>(5 min)</b>		<b>(~9:47)</b>
<p><b>* Intention: <i>To love the diversity you see in others.</i></b></p> <p>Ask if there is anyone who would like to read the prayer, affirmation, Bible quote, and quote.                  *Please center the family with a few deep breaths before the opening prayer.*</p> <p><b>Prayer: <i>“Hello Spirit, Thanks for each and every person here right now. We know that without every one of us this experience would not be the same. Let us open up to be free and unlimited in our growth together. Thanks! Amen.”</i></b></p> <p><b>Affirmation: <i>“We are the light of the world!!”</i></b> (Repeat twice with enthusiasm)</p> <p>What does it mean to be the Light of the World?                  What are some ways we Light the World?                  Are we always lighting up the world?</p> <p><b>Bible Verse: <i>“But encourage one another daily, as long as it is called Today, so that none of you may be hardened by sin’s deceitfulness.”—Hebrews 3:13</i></b></p> <p><b>Questions for Discussion:</b>  <i>What does it mean to be hardened?</i>  <i>How does Unity define sin? (As “missing the mark”)</i>  <i>What are some ways we deceive ourselves?</i>  <i>What happens when we encourage others?</i></p>			

<p>Then read what the Regional Team thought.  <b><i>“Encouraging others brings out the best in them. If you let others know that you think they are capable of great things then it is easier to believe in themselves”.</i></b></p> <p>Quote: “Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.” ~ <i>Marcel Proust</i></p> <p><b>Questions for discussion:</b>  <b><i>What does it mean to be a gardener?</i></b>  <b><i>How do other’s actions affect our own lives?</i></b></p> <p>*Ask your family to share their thoughts about how the quote ties into the theme of the day.</p> <p>Then read what the Regional Team thought.  <b><i>“While today we are acknowledging the diversity in others, it can have a great impact on ourselves too. By recognizing everyone’s individuality we can see how they impact our lives.”</i></b></p>			
<b>3. Check-In:</b>	<b>(13 min)</b>		<b>(~10:02)</b>
<p>Go around the circle to the left in a whip.  <b><i>-Where is your favorite place to go?</i></b>  <b><i>-Who is one person that always makes you smile?</i></b>  <b><i>-What is your favorite color, and any particular reason why?</i></b></p>			
<b>4. Advanced Name Game:</b>	<b>(20 min)</b>	Materials: ourselves	<b>( ~10:22)</b>
<p>Intention: To get to know everyone a little more</p> <p><b><i>Say: “This Game is going to be used to express our individuality through our names and motion. One person will start by saying their name. After saying their name they will also add one thing they like to do and have a motion that goes along with it. It can be a dance move or a silly thing you like to do....be creative! Once the first person says their name and what they like to do, the next person will say the first’s person’s name and activity and then their own. This will go all around the circle. Ex: “I am Hannah and I like to sing! *pretends to hold mic as she sings the word sing*” “She is Hannah and she likes to SIIING!, and I am Michael and I like to Party Rock *fist pump*”</i></b></p> <p>Popcorn discussion after:  Was it easy remembering Everyone’s Name AND Action? Why or why not?  How did this create a better understanding of everyone’s differences?  Did you get to know everyone by the way they expressed their action as well?  Were there any similarities?  How does understanding people make it even more enjoyable to be with them?</p>			
<b>5. Who am I?:</b>	<b>(12 min)</b>		<b>(~10:42)</b>
<p><b><i>“This activity is going to help us understand how each individual interprets everyone else. Everyone is going to have a sticky note attached to their back by one of the leaders. Then everyone will go around</i></b></p>			

*acting out someone else's person that is attached to them. You are not allowed to talk unless it is in that characters persona and it is used only to act out not tell description. You are allowed one guess per each act you are given. If you guess your character you may remove your sticky note and help others identify their character. Once every one discovers who they are, the activity is over."*

**Discussion:**

*How did you see one person differently than others did?*

*Did you find that your person was easier or harder for you to guess for some reason? Why so?*

*What do you think would make it easier to act out people's characters?*

**6. Unsure-aids:**

**(20 min)**

Materials: Pens, paper, acting

**~(11:02)**

*Say: "This Activity is a combination of 2 truths and a lie with charades. Each person will have a chance to get up in front of their family. When you are in front you must act out 2 truths and a lie. First your family will guess each one of your truths/lie and then decide which one is fake. You may also choose to draw out each one if you want.*

*How does it feel to express you by acting/drawing it out?*

*Does the person acting/drawing become aware of others differences at the same time?*

*Did you base any of your guesses from things you previously knew about that person? How so?*

**7. Meditation:**

**(5 min)**

**(~11:25)**

Intention:

Let's begin by closing our eyes and taking a deep breathe in...and out...in...and out...in....out.....continue this breathing...exit from your mind any troubles or worries....be present in this very moment.....Now picture in your mind the color red...now let that color shape in your mind as something positive you associate with red....it could be an old wagon....or car....maybe it is your favorite color....hold that image I your mind....the warm feeling of red....now let that color shift into orange....once again picture your favorite orange memories....perhaps biting into an orange....or imagining the sun as a bright orange light shining down on you....now let yellow fill your mind.....a huge dandelion sticking out from the ground....leaves during the spring time....maybe even the surprise of biting into a lemon.....now see that yellow turn into a deep green color.....see yourself laying on a grassy plain.....breathing in the fresh air....giant rain forest trees with green leaves as big as your head.....now sink into a deep blue sea...feel the calmness of the waves moving you along with the current....your body stays afloat on the water...as you approach the shore your body slowly enters onto the beach....as you look up the sun has created a violet color over the entire sky....you gaze at its wonder....now you feel yourself take a step back to notice that the violet combines with the blue and green and orange and all the colors....it is one great arch we call a rainbow....without any one of these colors the rainbow would not be the same...yet they are all so different....As you return to this place realize the correlation between this rainbow....and what we are experiencing right here and now.....

(Snap fingers after 10 or so seconds to return the family group to this space. )

**Discussion:**

**How does the rainbow relate to our lives?**

**Are we only affected in positive ways by others?**

**How do you know what's a positive and what's a negative?**

**Do you believe both negative and positive reactions are helpful to you? Why or why not?**

**8. Closing**

**(3 min)**

**(~11:28)**

Closing Prayer: ***Mother Father God, At times we can feel alone or disregarded. Thank you for allowing us to have these times where we know that we are always loved and cherished for our unique spiritual essence. Our love for one another is a blessing in its own. Thank you. Amen***

**FUZZIES!!!**

***Family Leaders, You have done amazing work! We are in constant gratitude for the effort you show. Peace and Love!***



# JustBeIt

June Rally 2012

## Family Session 5: "Love IT"

Friday June 22, 2012 6:00 pm- 7:30 pm (90 min)

Intention: Love the diversity you see in others.

Materials: Attendance Sheets, Heart and Tissues

1. Attendance	~6:02 pm
2. Check- In	~6:06 pm
3. Opening Prayer	~6:07 pm
4. Bible Verse	~6:09 pm
5. Quote	~6:11 pm
6. Affirmation	~6:12 pm
7. Heart Talk	~7:29 pm
8. Closing	~7:30 pm

*~approximate time to end each activity*

***Bold Italics- what you say to your family***

1. Attendance (2 min) ~6:02 pm  
*\*Materials: Attendance sheets, pen and your family*  
Take attendance and welcome everyone to the circle. Once that is complete attach the attendance slip to the outside of the door for the head sponsor to see.
2. Check- In (4 min) ~6:06 pm  
*\*Materials: None*
  - ***How did you enjoy your free time?***
  - ***Did you notice examples of diversity in the way others did things?***
  - ***What is your favorite "weird" combination of food?***
  - ***What did you think of [redacted]'s Truth Talk?***
3. Opening Prayer (1 min) ~6:07 pm  
*\*Materials: None*  
***Sweet Spirit bless us now in friendship and love, bringing us together in ways we could have never imagined. Amen***
4. Bible Verse (2 min) ~6:09 pm  
*\*Materials: None*

# JustBeIt

June Rally 2012

***“And they came and said to him, ‘teacher, we know that you are true and do not care about anyone’s opinion. For you are not swayed by appearances, but truly teach the way of God.’” ~Mark 12:11***

***How does that relate to the theme “Love it”***

***What does it mean to be swayed by appearances?***

***What is the “way of God? How does being aligned the “way” of God influence opinions & appearances?***

*The Regional Team thought... That when you are truly following God’s will, the opinions and appearances of all around you should not matter.*

5. Quote (2 min) ~6:11 pm  
\*Materials: None

***“The one thing that unites all human beings, regardless of age, gender, religion, economic status or ethnic background, is that deep down inside, we ALL believe that..... we are above average drivers.”***  
***-Dave Barry***

***How does this relate to the theme?***

***What belief(s) might we ALL share deep inside that would be greater than our differences?***

*The Regional Team thought... Even though we all have differences about us we all have something in common with one and other. We are all children of God (or amazing drivers)*

6. Affirmation (1 min) ~6:12 pm  
\*Materials: None

*Repeat 3x’s*

***We are all different but the same!***

7. Heart Talks (77 min) ~7:29 pm

# JustBeIt

## June Rally 2012

*\*Materials: Heart, tissues and watch*

*\*Intention:*

*During this family time together, we will be having a Heart Talk. This is an opportunity for each person to share from their heart and talk about what may be on their mind. The intention of a Heart Talk is to create a loving, supportive environment through giving love, understanding and compassion while we express our hearts and invite the expression of the rest of our family's hearts. The heart talk requires attention, focus, and respect from all participants. It is also important to understand that what you share does not necessarily have to be of a negative nature, it can be about good news in your life. We just want to make sure that because someone is having a problem, we don't all have to tune into "what's wrong in my life". We also can take a look at "what's right in my life."*

*The person with the Heart starts by expressing what their feelings are at the time and then moves on to any other feelings that come up. The intent is to talk about the feelings. This is not the place to describe the details of everything that has happened, but rather to relate just enough information to provide the group with the basic conditions affecting your feelings.*

*As each person talks, we all focus on sending love to them as we silently affirm God's love and see them in a perfect light.*

*Please make sure that the following agreements are understood by going over them again:*

- ♥ Only the person holding the heart may speak.
- ♥ Confidentiality – everything said in the group will remain in the group unless someone talks about hurting themselves or others, in which case the Family Facilitator or sponsor is obligated to report this to the Regional Consultant.
- ♥ Emphasize the importance of active listening – your job is to listen and understand where another person is coming from, not to try and judge, solve, or fix their situation.
- ♥ The heart holder may speak from their heart – nothing is right or wrong
- ♥ When finished the speaker passes the heart to the next person
- ♥ No one may comment on what another individual has said
- ♥ Please respect the time allotted for the heart talk. Everyone needs to share but stay on time.
- ♥ There is a right to pass.
- ♥ When the heart makes its way around the circle without anyone speaking the heart talk is complete.
- ♥ When participating remember that we are coming from a place of love and respect. Everyone has something important to share and this is not a place to compare situations

*I invite you to close your eyes and take a few deep, cleansing breaths together. Breathe in.....and out.....in.....and out..... in.....and out..... Focus your attention on your heart..... Not necessarily your heartbeat, but your heart center; your spiritual source of love and life..... Concentrate on your heart just as you would concentrate on a flickering candle light or the*



# JustBeIt

June Rally 2012

**steady pulse of a song..... You may wish to hold your hand against your chest just firmly enough to feel your heart while you breathe steadily..... You continue to close your eyes but imagine you are looking right at your spiritual heart center..... All the time you are thinking of your heart as a dear friend, always full of love and energy for you..... All that is needed is the awareness and focus to let that love spread..... Most importantly, you need to let yourself relax in order to let your body work naturally and release..... As you breathe in deeply, imagine that you are holding that breath, which is life energy, in your heart center..... We will do this a few times and then return to normal breathing. Breathe in.....and out. In..... and out. In.....and out..... With each breath, your heart is coming closer to that life energy..... It beats right at the tip of it each time and pumps it into your body, then lets you release the raw material back into the world..... You cannot look physically into your spiritual center, but instead imagine that each breath you take is feeding that light within you..... Each breath builds a connection between you and your spirit.....breathe in....and out. In...and out. In....and out..... Gradually let the power of your concentration flow back out from your center, and into the space around you.**

*Put the heart in the middle of the circle. Anyone may take it and go first and then continue passing it to the left. To end the heart talk, the heart must go once around the circle without anyone talking before it can be completed.*

**\*\*\*\*SUPER IMPORTANT \*\*\*\***

*Please keep the silence for a moment and say this at the END of the heart talk:*

**Take a deep breath in.....and out. Let us just breathe for a minute and release. Whatever you are feeling at this moment let it all go. Let God's love fill your entire being for you are free from whatever you wish and you are surrounded by only love and passion. We are here for a reason and whatever that purpose may be, we each have the courage and ability to do it all. If there is a question to be solved, we have the ability to find the answers and when the time is right, we will change the world and make it a beautiful place. We have the power, we have the passion; we are the peaceful warriors of love. Breathe now, just breathe. Let go and let God.**

*Have everyone repeat this affirmation: I let go and let God (repeat 2 times).*

# JustBeIt

## June Rally 2012

8. Closing Prayer (1 min)  
\*Materials: None

~7:30 pm

***Loving creator, we thank you for this time you have given us to opening up in this loving space, to free ourselves for these heavy loads we have carried around with us. We can now go on with our time open and free.***

*Family Leaders... Please stay in your designated places until 7:30 pm ...THEN you can make your way to the Auditorium for Karl's Concert*

*Thank you so much for all of your willingness... we know we have been saying it all week but we truly mean it!!! It's very sweet of you.*

*Love,*

*Hannah Michael and Eileen ☺*

# JustBeIt

June Rally 2012

## Family Session 6: "We Are It"

Saturday June 23, 2012 10:20 am- 11:40 am (80 min)

Intention: Recognize that the Christ within us connects us all.

Materials: Attendance Sheet and Random objects around the room

1. Attendance	~ 10:23 am
2. Check-In	~ 10:28 am
3. Opening Prayer	~ 10:30 am
4. Discuss Theme	~ 10:35 am
5. Quote	~ 10:40 am
6. Bible Verse	~ 10:45 am
7. Affirmation	~ 10:47 am
8. This Is What??	~ 11:02 am
9. Ground Slap	~ 11:17 am
10. Twenty Questions	~ 11:37 am
11. Closing Prayer	~ 11:40 am

*~approximate time to end each activity*

### ***Bold Italics- what you say to your family***

1. Attendance (3 min) ~ 10:23 am  
*\*Materials: Attendance sheets, pen and your family*  
Take attendance and welcome everyone to the circle. Once that is complete attach the attendance slip to the outside of the door for the head sponsor to see.
2. Check- In (5 min) ~ 10:28 am  
*\*Materials: None*
  - ***Did you enjoy Karl's concert? Why?***
  - ***What do you normally eat for breakfast?***
  - ***IF you had to choose between... riding a giant Polar Bear or... Riding an Ostrich, which would you choose?***
  - ***What did you think of [redacted]'s Truth Talk?***
3. Opening Prayer (2 min) ~ 10:30 am  
*\*Materials: None*

***Dear Lord, we trust in your power to create, to sustain, to enable. But we could not trust if we did not know that you are always near. Be with us,***

# JustBeIt

June Rally 2012

**Lord, as we are gathered here. Help us not to check our minds or our hearts at the door, but enable us to bring all that we are to you, so that we might experience your touch upon all aspects of our life. Amen.**

4. Discussion of the Theme (5 min) ~ 10:35 am

*\*Materials: None*

*\*Intention: To prepare ourselves for the rest of the day knowing the purpose.*

**Intention: ~ Recognize that the Christ within us connects us all.**

**Theme: "We are it"**

- **What type of thoughts do you have about the theme and the intention?**
- **How do you express being "It?"**
- **Are there any circumstances when you feel you have to hold back your true self and can't be "It?"**

5. Quote (5 min) ~ 10:40 am

*\*Materials: None*

**~"Following someone you look up to is a good practice. Following your heart and having others follow in your footsteps is even better."**

**~Anonymous**

**How does this relate to the theme?**

**Who are some people you look up to? Why?**

**What does it mean to follow your heart? How is this even better?**

*~The Regional Team thought... You shouldn't go down a certain path because someone else is, you can't learn from them on their path. You can choose your own path for yourself before know it people will see that you have "It" and may want to follow you.*

6. Bible Verse (5 min) ~ 10:45 am

*\*Materials: None*

**~"Follow Me, and I will make you fishers of men." Matthew 4:19**

**How does this relate to the theme?**

**What does it mean to fish? How did the disciples fish?**

# JustBeIt

June Rally 2012

**What does Jesus mean to follow “The Christ”?  
Metaphysically, fish represent thoughts and men represent our thinking  
and wisdom. What then does it mean to be a fisher of men?**

**How does that help us to be true to our Christ selves?**

*The Regional Team thought...That when you are following the Spirit with a true heart you will become aware of “It” and become “Fishers of men” as one.*

7. Affirmation (2 min) ~ 10:47 am  
*Repeat three times*

**“WE ARE IT!!!”**

8. This Is a What? (15 min) ~ 11:02 am  
*\*Materials: Random objects you have already in the room  
\*Intention: We can do anything we put our minds to.*

**Have everyone sit in a circle. Pick up an object and tell the person next to you, “This is a marble.” He asks, “A what?” “A marble,” you answer. “A what?” he asks again. “A marble,” you say. “Oh, a marble,” he says. The pattern is now established. He then takes the marble and turns to the next person and starts the pattern. As the marble goes around, you start on the next object and the next object. Eventually there will be a lot of these conversations going on at once. The goal is to see how many objects you can pass around the circle.**

9. Ground Slap (15 min) ~ 11:17 am  
*\*Materials: None  
\*Intention: Team Building – become closer to each other as “IT”*



**The setup is important - - with team members on their hands and knees ask everyone to place their right hand on the floor in between the hands of the person to his/her right. The end result will weave everyone's hands together.**

# Just Be It

June Rally 2012

**Your left and right arms goes in between the two people beside you... Here's the challenge: The leader starts by slapping his/her right hand on the ground which starts a domino effect meaning, the hand immediately to the right must slap the ground and then the hand immediate to that hand must slap the ground, and so on. If someone slaps the ground twice in a row then the direction of the ground slapping domino effect reverses**

10. Twenty Questions (20 min) ~ 11:37 am

*\*Materials: None*

*\*Intention: Building your family closer together as one*

**Select one person to begin Twenty Questions. This person is designated as "it." For each round, this person must choose any person, place, or thing. The person can be living (e.g. a current athlete or classmate), deceased (e.g. a famous person in history), or fictitious (e.g. cartoon or movie character). The place can be anywhere in the world, including creative places. The thing can be an inanimate object, an animal, a food, etc. Basically anything can be chosen, but try to make the selected item something that can be reasonably guessed. It's no fun to play a guessing game that is impossible to solve!**

**After the person has chosen a person, place, or thing, the guessing begins! The other players take turns and ask "yes" or "no" questions in an attempt to figure out what the chosen answer is. That is, the questions must be answered with simply "Yes" or "No." After each guess, keep track of the number of guesses that are used until it reaches the limit of 20.**

**Once 20 questions are used up, players may not ask any more questions. If a player correctly guesses the object before then, they become "it" for the next game and they choose the next person, place, or thing. Otherwise, the answer is revealed. If the answer isn't guessed, as a group you can choose who will be it.**

11. Closing Prayer (3 min) ~ 11:40 am

*\*Materials: None*

**Spirit, we are one with you, we are one with each other and we are one with all. Thank you for showing us the path that we have all needed to open up to. May our day be full of healing and growth. Amen**

# JustBeIt

June Rally 2012

*\*\*\*\*Family Leaders thank you for your amaaazzing leadership qualities that you all hold right inside of you that just make you shine as an individual.*

*Love, Michael Hannah and Eileen*

**Please remain in designated place until it's time to disperse. – thank you.**

- **With your extra time( if you have any) you may go outside as a family and play a game of your choosing). [weather dependent]**
- **Also you can just talk with one and other to become more acquainted with one and other as a FAMILY.**

## Family Session 7 – “Be It!”

Sunday, June 24, 2012

8:20 - 9:50

***Intention: To stay centered no matter what is presented to us***

**Materials:** Attendance Sheet, pens, Love Note Booklets

**Activities:**

1. Attendance	2 min	~8:22 a.m.
2. Opening	5 min	~8:27
3. Check-In	15 min	~8:42
4. Love Notes	51 min	~9:33
5. Tag the Creature	12 min	~9:45
6. Closing	5 min	~9:50

***SUPER IMPORTANT – PLEASE LEAVE ON TIME AT 9:50 FOR CLOSING !***

**a.m. (90 min)**

***Bold Italics = what you say to the group***

~Approximate time activity

will end

**1. Attendance:** (2 min) Materials: attendance sheet, pen (~8:22 a.m.)  
Conduct attendance and place on the door outside of your family area. Thank you!

**2. Opening:** (5 min) (~8:27)

***\* Intention: To center ourselves and open our hearts to Spirit’s loving energy.***

Ask if there is anyone who would like to read the prayer, affirmation, Bible quote, and quote.

\*Please center the family with a few deep breaths before the opening prayer.\*

***Prayer: “Awesome light and love, thank you for everything we have felt in these moments together. We know that everything we are soon to experience is an opportunity to use any ideas we have come to master this week. Thank you God, Amen”***

***Affirmation: “I am fully aware of who I am and I’m ready to share it with the world!”*** (Repeat twice)

***Bible Verse : “Don’t you know that you are a temple of God, and that God’s Spirit lives in you?”.....1 Corinthians 3:16***

\*Ask your family to share their thoughts about how the Bible Verse ties into the theme of the day.

What is a temple? (a place where something holy or divine is thought to dwell, e.g. the body of a holy person)



What does it mean to BE a temple of God?

How does recognizing God being within us help us to BE a temple of God?

What are some ways we can BE a temple of God in the World?

What is one way you can BE a temple of God more in your life?

Then read what the Regional Team thought:

***“God is within us, expressing all his desires through our individual paths.***

Quote: ***“It takes courage to grow up and become who you really are”- e.e. Cummings.***

\*Ask your family to share their thoughts about how the quote ties into the theme of the day.

Further Discussion questions:

How does courage help you to be who you really are?

How do we build courage in our lives?

Which of the 12 Powers could we meditate on to increase our courage?

Then read what the Regional Team thought.

***“It is not an easy thing to always be who you are, we have discovered that. However nothing truly amazing ever is. Realizing who you are and reaching for that is a constant practice and to choose that journey is a remarkable feat in itself.”***

**3. Check-In: (15 min) (8:42)**

Go around the circle to the left in a whip.

- ***What is your favorite time of day?***
- ***What is the first thing you do when you lose something?***
- ***What is your favorite smell?***
- ***Pirates or Ninjas?***

**4. Love Notes: (51 min) Materials: Love Note Booklets, pens (9:33)**

***\*Intention: To tell your family how much you appreciate and love them.***

If you feel comfortable you may explain what love notes are or you may read the explanation below, but make sure your explanation is close to this one:

***“A love note is a message of love that you are giving to your family members. You may want to thank them for something specific that they said that inspired you this weekend, or share something that you admire about them. Please refrain from sharing advice about something specific that was shared in the family this weekend. Anything uplifting that you would like to say to this person is what a love note is made of. Do not read anything anyone else has written. Please keep this a silent activity.***

***Write your name on the top of your love note paper and pass it to the left. Write a love note on the paper you receive and when you are done pass it to the left. Continue doing this until you get your own sheet back. You may not read your***

*love notes until the car ride home. Remember your love notes are great to go back and read when you are faced with a challenge and would like some inspiration."*

Be sure to keep track of time and remember that there has been no time scheduled for your family to take pictures.

5. **Tag the Creature:** (12 min) (9:45 )

*\*Please only do this activity if you get done with love notes.*

*Say: This game is all about being sneaky. Each person is going to start by choosing a type of creature to be. For the duration of this game, you are that animal. Your objective is to tag the "it" creature. "It" is a volunteered creature. The "it" creature's job is to make sure none of the other creatures tags him/her. If the "it" creature is looking at you you cannot move. If he/she sees you move at all, you're out. You must sneakily creep, as your creature, towards the "it" creature and tag he/she. Once you tag them you are the new "it". Everyone must start on the borders of the room and everyone will reset if /when there is a new "it". If everyone is caught the "it" then goes again. A third round of the same "it" means "it" must pick a new creature. (feel free to play this till the end of Families or until everyone is tired and rest)*

6. **Closing Prayer:** (5 min) (9:50 )

Whip Prayer: Facilitator, start with a prayer then squeeze the hand of the person on your left. That person contributes to the prayer and continues around the circle. Each person is encouraged to contribute.

**FUZZIES!!!**

*Loveliest Family Leaders,  
WE love, bless, and appreciate every ounce of  
Effort you have given to this experience.*

*We are eternally grateful!!  
-Hannah, Michael, and Eileen*